

# Diabetes + HRT appointment sheet

You don't need to arrive with a chosen drug or dose. Bring a clear goal, your diabetes numbers and your questions, and let the clinician do the matching.

Write "not known" or "ask my clinician" if you don't have an answer. Keep the original units and dates. This sheet does not calculate risk, approve HRT or choose a treatment.

| Bring or write down                                                                                                               | My information / notes |
|-----------------------------------------------------------------------------------------------------------------------------------|------------------------|
| My main goal<br>The symptom I most want help with and how it affects sleep, work or life                                          |                        |
| My diabetes care<br>Diabetes type; who manages it                                                                                 |                        |
| Latest A1C<br>Value, date and unit (% or mmol/mol), or "ask my diabetes team"                                                     |                        |
| Glucose records<br>The log or CGM report I already use; recent lows, highs or changed patterns                                    |                        |
| Blood pressure<br>7-14 days of home readings if I have them (free 14-day log)                                                     |                        |
| Cholesterol panel, including triglycerides<br>Latest results and date                                                             |                        |
| Kidney and liver results<br>eGFR, urine albumin, liver tests, any fatty-liver diagnosis                                           |                        |
| Full medicine list<br>Names, forms and doses, including GLP-1, SGLT2, insulin, blood pressure medicines, hormones and supplements |                        |
| Heart and clot history<br>Heart attack, stroke, TIA, stent, blood clot, clotting disorder                                         |                        |
| Menopause and uterus details<br>Last period or period pattern; whether I have a uterus; any unexplained bleeding                  |                        |
| Other history<br>Breast or uterine cancer (mine vs family), smoking, migraine with aura                                           |                        |
| Access<br>Insurance or cash, my state, pharmacy, online or in-person preference                                                   |                        |

Write on this sheet or keep a local copy. It has no submission or tracking fields.

# Eight questions to ask

Bring this page to the visit. Write down the answer, the next step and who will follow up.

1. Is my diabetes itself a concern here, or is something else in my history driving the decision?  
\_\_\_\_\_
2. What's my 10-year heart risk, and does that point me to a patch, a pill, or a non-hormonal option?  
\_\_\_\_\_
3. Which progestogen would protect my uterine lining without worsening my blood sugar or cholesterol?  
\_\_\_\_\_
4. I take [GLP-1 or other medicine]. Does that change which form you'd use?  
\_\_\_\_\_
5. Should I check my blood sugar differently at first, and who do I tell if it changes?  
\_\_\_\_\_
6. If my patch is out of stock, what's my backup?  
\_\_\_\_\_
7. Which exact product would I get, and is it FDA-approved or compounded?  
\_\_\_\_\_
8. What will I pay today and over the next three months, including visits, medicine and tests?  
\_\_\_\_\_

## Agree on follow-up

Glucose-data clinician: \_\_\_\_\_

Menopause clinician: \_\_\_\_\_

Review date: \_\_\_\_\_

Call sooner if: \_\_\_\_\_

A past heart attack, stroke, TIA or blood clot, unexplained vaginal bleeding, a hormone-sensitive cancer or significant liver disease calls for a clinician's review first. Do not use a blank box as a sign that treatment is safe.

Care preparation only. Follow your existing diabetes plan; do not change medicine from this sheet.

## Guide and evidence

[thehrtindex.com/can-you-take-hrt-if-you-have-diabetes/](https://thehrtindex.com/can-you-take-hrt-if-you-have-diabetes/)

European Society of Endocrinology: 2025 menopause guideline

The Menopause Society: 2022 hormone therapy statement